

Registration begins August 10; classes begin August 31 unless noted otherwise within class descriptions.
No class September 7, November 11, 26 or 27. To view a list of class location abbreviations, see page 2.

Kiwanis Park Wave Pool

Kiwanis Recreation Center
6111 S All America Way • 480-350-5201

Come splash and play in our indoor, heated wave pool. Rent a tube and float the waves, then enjoy an icy soda and hot pizza at Kiwanis Island Concession Stand. We have a few safety rules for your visit: Children under age 8 must have an adult with them at all times. No water wings or other floatation devices permitted. The minimum height to use the water slide is 48".

Wave Pool Hours

August 1-September 7; Saturday & Sunday Waves: 1-5 p.m.

Holiday Wave Pool Hours

Monday, September 7 1-5 p.m.

Wave Pool Fees

General Admission	(13 yrs+)	\$7
Youth Admission	(2-12 yrs)	\$5

Mid-Day Wave Hour Rates

3-5 p.m. (During Wave Days, Only)

General Admission	(13 yrs+)	\$5
Youth Admission	(2-12 yrs)	\$4

**No other discounts maybe used with this discount*

Lap Swimming Hours

Effective August 3-December 5

Monday-Thursday	7-10 a.m.
Friday	7-9 a.m.
Monday-Thursday	11:30 a.m.-1:30 p.m.
Saturday	8-11 a.m.

**Except during private rentals*

Lap Swim Admission Fees

General Admission	(13 yrs+)	\$4
Youth Admission	(2-12 yrs)	\$3

Multiple Use Cards for Laps/Open Swim

30 day unlimited	\$39.00
10 admission	\$35.00

Private/Semi-Private Lessons

Private, semi-private lessons are available through Kiwanis Recreation Center. For additional information, call 480-350-5732.

Rates per class meeting	1/2-Hr	3/4-Hr	1-Hr
Private (1 individual)	\$20	\$25	\$30
Semi-Private (2 Individuals):	\$25	\$30	\$35



Escalante Pool

2150 E. Orange Street • 480-350-5204

Fees

Children under 6 yrs	Free
Children 6-17 yrs	\$.75
Adults 18 yrs+	\$1.25

Recreation Swim:

July 25-September 6; Saturday's and Sunday's, 1-5 p.m.

Holiday Hours

September 7, 1-5 p.m.



Kiwanis Park Swimming Pool Activities and Pool Schedules

Swimming Lesson General Information

The City of Tempe Community Services Department provides a progressive program for students who wish to learn or improve their swimming skills. This program is certified by the Starfish Aquatics Institute. If you have concerns regarding your child's progress or ability level, please discuss them with the instructor or pool manager.

Fees for each class must be paid at the time of registration.

A student may register for a maximum of one (1) Learn-to-Swim class at a time using any of the registration procedures below. A student may also register for special classes in addition to a swimming class.

Students may register for additional Learn-to-Swim class's midway through the lesson. At the end of the lesson session each student will be provided a skill progress sheet for the class in which he/she is currently participating and information on the next appropriate class.

Current students will only be permitted to register for the next level of class by providing their skill progress sheet with their registration form.

All pre-registration activities are subject to cancellation prior to start date if minimum registration is not met.

Swim Lesson Program Classes

Parent-Assisted Lessons 30-Minute Classes

Star Babies (8-18 Mos)

This class is designed to be an infant's first introduction to water adjustment with an emphasis on parent participation/education, as well as safety skills and fun. One child per adult. Fee \$50

46081	8-18 mos	M/W	9/9-10/5	5-5:30 p.m.	KRC
46080	8-18 mos	M/W	9/9-10/5	5:35-6:05 p.m.	KRC
46079	8-18 mos	T/Th	9/8-10/1	5:35-6:05 p.m.	KRC
46576	8-18 mos	Sa	9/5-10/10	10:10-10:40 a.m.	KRC

Star-Tots (12-36 Mos)

For children who are not ready for an independent swim program, or the child who has mastered the Parent/Tot class and is ready for more swim-readiness skills. One child per adult. Fee \$50

46051	12-36 mos	M/W	9/9-10/5	5-5:30 p.m.	KRC
46053	12-36 mos	M/W	9/9-10/5	5:35-6:05 p.m.	KRC
46052	12-36 mos	T/Th	9/8-10/1	6:10-6:40 p.m.	KRC
46544	12-36 mos	Sa	9/5-10/10	9:35-10:05 a.m.	KRC

Sea-Stars (2-4 Yrs)

For preschool children who are not ready for an independent swim lesson program, but are ready for more advanced skills. In this class the parent will help prepare the child through various activities to become more independent in the water as well as working on locomotion and safety skills. One child per adult. Fee \$50

46447	2-4 yrs	M/W	9/9-10/5	5-5:30 p.m.	KRC
46448	2-4 yrs	T/Th	9/8-10/1	6:10-6:40 p.m.	KRC
46449	2-4 yrs	Sa	9/5-10/10	10:45-11:15 a.m.	KRC

Swim School

Preschool-Age Lessons (Suggested Age 3-6 Yrs.) 30-Minute Classes

Shrimps

For children ready to participate in an aquatic class on their own. Emphasis on basic water adjustment, breath control, and floating. Blow bubbles, fully submerge unassisted; front and back float with support. Assisted rolling over from front to back and back to front. Assisted streamline on front and back. Fee: \$50.

46119	3-6 yrs	M/W	9/9-10/5	5-5:30 p.m.	KRC
46121	3-6 yrs	M/W	9/9-10/5	5:35-6:05 p.m.	KRC
46120	3-6 yrs	M/W	9/9-10/5	6:10-6:40 p.m.	KRC
46122	3-6 yrs	M/W	9/9-10/5	6:45-7:15 p.m.	KRC
46123	3-6 yrs	T/Th	9/8-10/1	5-5:30 p.m.	KRC
46124	3-6 yrs	T/Th	9/8-10/1	6:10-6:40 p.m.	KRC
46125	3-6 yrs	T/Th	9/8-10/1	6:45-7:15 p.m.	KRC
46577	3-6 yrs	Sa	9/5-10/10	9-9:30 a.m.	KRC
46578	3-6 yrs	Sa	9/5-10/10	10:10-10:40 a.m.	KRC
46579	3-6 yrs	Sa	9/5-10/10	10:45-11:15 a.m.	KRC

Tadpoles

Prerequisite skills: Jump in, roll on back for 5 seconds.

Focus: on forward movement and direction change. Participants will focus on assisted streamline on front and back with and without kicks. They will learn how to jump in, recover for air, swim forward for 10 feet, change direction on their own and swim back to the wall. Fee: \$50.

46127	3-6 yrs	M/W	9/9-10/5	5-5:30 p.m.	KRC
46128	3-6 yrs	M/W	9/9-10/5	5:35-6:05 p.m.	KRC
46129	3-6 yrs	M/W	9/9-10/5	6:10-6:40 p.m.	KRC
46130	3-6 yrs	T/Th	9/8-10/1	5-5:30 p.m.	KRC
46131	3-6 yrs	T/Th	9/8-10/1	5:35-6:05 p.m.	KRC
46580	3-6 yrs	Sa	9/5-10/10	9:35-10:05 a.m.	KRC
46581	3-6 yrs	Sa	9/5-10/10	10:10-10:40 a.m.	KRC

Guppies

Prerequisite skills: Jump in and swim 10ft. and return; back glide 10 ft.

Focus: Rotary movement. Participants will work on body positioning for freestyle, unassisted front and back streamline, and treading water. Fee: \$50.

46092	3-6 yrs	M/W	9/9-10/5	5:35-6:05 p.m.	KRC
46095	3-6 yrs	M/W	9/9-10/5	6:10-6:40 p.m.	KRC
46093	3-6 yrs	T/Th	9/8-10/1	5:35-6:05 p.m.	KRC
46094	3-6 yrs	T/Th	9/8-10/1	6:45-7:15 p.m.	KRC
46582	3-6 yrs	Sa	9/5-10/10	9:35-10:05 a.m.	KRC
46583	3-6 yrs	Sa	9/5-10/10	10:10-10:40 a.m.	KRC

Minnows

Prerequisite skills: Tread water 15 seconds, Jump in and recover to side glide position and kick 10 feet.

Focus: Integrated movement and freestyle. Participants will start to develop freestyle with correct body positioning and breathing, start the progression of backstroke. Fee: \$50.

46099	3-6 yrs	M/W	9/9-10/5	6:45-7:15 p.m.	KRC
46100	3-6 yrs	T/Th	9/8-10/1	5:35-6:05 p.m.	KRC
46101	3-6 yrs	T/Th	9/8-10/1	6:10-6:40 p.m.	KRC
46584	3-6 yrs	Sa	9/5-10/10	9:35-10:05 a.m.	KRC

Swim School

Elementary-Age Lessons (Suggested Ages: 6 yrs+) 30-Minute Classes

Sea Otter

For children ready to participate in an aquatic class on their own. Emphasis on basic water adjustment, breath control, and floating. Blow bubbles, fully submerge unassisted front and back float with support. Assisted rolling over from front to back and back to front. Assisted streamline on front and back. Fee: \$50.

46109	6 yrs+	M/W	9/9-10/5	5-5:30 p.m.	KRC
46111	6 yrs+	M/W	9/9-10/5	6:45-7:15 p.m.	KRC
46112	6 yrs+	T/Th	9/8-10/1	5-5:30 p.m.	KRC
46110	6 yrs+	T/Th	9/8-10/1	6:10-6:40 p.m.	KRC
46586	6 yrs+	Sa	9/5-10/10	9:35-10:05 a.m.	KRC
46587	6 yrs+	Sa	9/5-10/10	10:45-11:15 a.m.	KRC

Sea Horse

Prerequisite skills: Jump in, roll on back for 5 seconds.

Focus: on forward movement and direction change. Participants will focus on assisted streamline on front and back with and without kicks. They will learn how to jump in, recover for air, swim forward for 10 feet, change direction on their own and swim back to the wall. Fee: \$50.

46104	6 yrs+	M/W	9/9-10/5	6:45-7:15 p.m.	KRC
46105	6 yrs+	T/Th	9/8-10/1	5:35-6:05 p.m.	KRC
46106	6 yrs+	T/Th	9/8-10/1	6:45-7:15 p.m.	KRC
46588	6 yrs+	Sa	9/5-10/10	10:10-10:40 a.m.	KRC

Sea Turtle

Prerequisite skills: Jump in and swim 10ft. and return; back glide 10 ft.
Focus: Rotary movement. Participants will work on body positioning for freestyle, unassisted front and back streamline, and treading water. Fee: \$50.

46113	6 yrs+	M/W	9/9-10/5	5-5:30 p.m.	KRC
46114	6 yrs+	M/W	9/9-10/5	6:10-6:40 p.m.	KRC
46115	6 yrs+	T/Th	9/8-10/1	5:35-6:05 p.m.	KRC
46116	6 yrs+	T/Th	9/8-10/1	6:45-7:15 p.m.	KRC
46589	6 yrs+	Sa	9/5-10/10	9-9:35 a.m.	KRC

Sea Lion

Prerequisite skills: Tread water 15 seconds, Jump in and recover to side glide position and kick 10 feet.

Focus: Integrated movement and freestyle. Participants will start to develop freestyle with correct body positioning and breathing, start the progression of backstroke. Fee: \$50.

46107	6 yrs+	M/W	9/9-10/5	5:35-6:05 p.m.	KRC
46108	6 yrs+	T/Th	9/8-10/1	5-5:30 p.m.	KRC
46590	6 yrs+	Sa	9/5-10/10	9:35-10:05 a.m.	KRC

Stroke School (Suggested Ages: 6 yrs+) 30-Minute Classes

Dolphin

Prerequisite skills: Jump In, swim 30 feet freestyle with rhythmic breathing.
Focus: Freestyle and Backstroke with an introduction to Butterfly. Participants will work on stroke mechanics of freestyle and backstroke, introduction to butterfly body motion. Fee: \$50.

46090	6 yrs+	M/W	9/9-10/5	6:45-7:15 p.m.	KRC
46091	6 yrs+	T/Th	9/8-10/1	6:10-6:40 p.m.	KRC
46591	6 yrs+	Sa	9/5-10/10	9-9:30 a.m.	KRC

Manta Ray

Prerequisite skills: Swim 30 feet of freestyle and 30 feet of backstroke.

Focus: Participants will focus on the stroke mechanics of butterfly. Fee: \$50.

46096	6 yrs+	M/W	9/9-10/5	6:45-7:15 p.m.	KRC
46097	6 yrs+	T/Th	9/8-10/1	5-5:30 p.m.	KRC
46098	6 yrs+	T/Th	9/8-10/1	6:10-6:40 p.m.	KRC
46592	6 yrs+	Sa	9/5-10/10	10:45-11:15 a.m.	KRC

Shark

Prerequisite skills: Swim butterfly for 10yds

Focus: Participants will focus on the stroke mechanics of breaststroke. Fee: \$50.

46117	6 yrs+	M/W	9/9-10/5	6:10-6:40 p.m.	KRC
46118	6 yrs+	T/Th	9/8-10/1	6:45-7:15 p.m.	KRC
46593	6 yrs+	Sa	9/5-10/10	9-9:30 a.m.	KRC

Orca

Prerequisite skills: Swim 30 feet of Breaststroke

Focus: Participants will build endurance. By the end of the class, participants should be swimming a minimum 50 yards of freestyle, backstroke, and breaststroke; 25 yards of butterfly and be able to do flip turns and open turns. Fee: \$50.

46102	6 yrs+	M/W	9/9-10/5	6:10-6:40 p.m.	KRC
46103	6 yrs+	T/Th	9/8-10/1	6:45-7:15 p.m.	KRC

Adult Lessons 30-Minute Classes

Adult Beginner

Prerequisite 15 yrs+. Class is designed for adults who wish to learn to swim and will be geared to meet the needs of individuals. Emphasis is on adapting to the water and introduction to freestyle, back float, and safety skills. Fee: \$50.

46055	15 yrs+	M/W	9/9-10/5	7:20-7:50 p.m.	KRC
46545	15 yrs+	Sa	9/5-10/10	10:45-11:15 a.m.	KRC

Adult Intermediate

Prerequisite 15yrs+. Class is designed for adults who have mastered the beginner skills and can swim 25 yards using freestyle. Introduction to backstroke and breaststroke. Fee: \$50.

46054	15 yrs+	M/W	9/9-10/5	7:20-7:50 p.m.	KRC
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Adult Stroke Improvement

Prerequisite 15 yrs+. Class is designed to improve upon and refine current skills rather than teach strokes. Fee: \$50.

46089	15 yrs+	M/W	9/9-10/5	7:20-7:50 p.m.	KRC
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Adult Swim lessons Sponsored by Drowning Prevention Coalition of Arizona

Prerequisite: 15 yrs+ and Tempe resident. Proof of residency required. Classes are designed for the beginner and intermediate swimming levels. This class is 8 lessons and space is limited. Fee: \$25 480-350-5201

46056	15 yrs+	T/Th	9/8-10/1	7:20-7:50 p.m.	KRC
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Special Interest Aquatics Classes



**American
Red Cross**

Together, we can save a life

American Red Cross Lifeguard Training

This is an American Red Cross certification course for individuals who are interested in lifeguarding. The course will include First Aid, CPR, as well as the lifeguard training. Must be 15 years of age and able to perform swimming skills necessary to complete the course requirement. Fee: \$130 480-350-5201

Class Dates: Oct 8-Oct 23

46057	Th	6:30-9:30 p.m.	10/8-10/22
	F	6:30-9:30 p.m.	10/9-10/23
	Sa	8 a.m.-5 p.m.	10/10-10/17

Aquatics

Starfish Swim Instructor

Swim instructor candidates will receive the training needed to teach courses in the SAI Starfish Swim Instructor Program. Candidates will learn how to help students develop correct stroke technique; develop an understanding of how to teach students at different levels, and water safety techniques.

Course Prerequisites: Must be 16 years old and have a basic knowledge of the swimming strokes. Fee: \$130 480-350-5201

46082	W	6-9:30 p.m.	9/9-9/23
	F	6-9:30 p.m.	9/11-9/25
	Sa	8 a.m.-5 p.m.	9/12-9/19

Adult Fitness

Registration now available for water exercise classes. Classes are 60 minutes. Monthly Fee varies, \$7 Drop-in per class



Shallow Water Exercise

Walking, running, jumping and a variety of aerobic movements are performed in the shallow end of the pool to increase heart rate and provide a cardiovascular and strength training workout. A variety of water equipment is used for conditioning and total body toning. Includes stretching, warm-up, cardio, toning, and cool-down. *No Class 9/7, 11/11, 11/26; Drop-in fee \$7.

46061	15 yrs+	M	9/14-9/28*	8:30-9:30 a.m.	KRC	\$15
46062	15 yrs+	T	9/1-9/29	8:30-9:30 a.m.	KRC	\$25
46063	15 yrs+	W	9/2-9/30	8:30-9:30 a.m.	KRC	\$25
46064	15 yrs+	Th	9/3-9/24	8:30-9:30 a.m.	KRC	\$20
46065	15 yrs+	M	9/14-9/28*	5:30-6:30 p.m.	KRC	\$15
46066	15 yrs+	W	9/2-9/30	5:30-6:30 p.m.	KRC	\$25
46067	15 yrs+	M	10/5-10/26	8:30-9:30 a.m.	KRC	\$20
46068	15 yrs+	T	10/6-10/27	8:30-9:30 a.m.	KRC	\$20
46069	15 yrs+	W	10/7-10/28	8:30-9:30 a.m.	KRC	\$20
46070	15 yrs+	Th	10/1-10/29	8:30-9:30 a.m.	KRC	\$25
46071	15 yrs+	M	10/5-10/26	5:30-6:30 p.m.	KRC	\$20
46072	15 yrs+	W	10/7-10/28	5:30-6:30 p.m.	KRC	\$20
46073	15 yrs+	M	11/2-11/30	8:30-9:30 a.m.	KRC	\$25
46074	15 yrs+	T	11/3-11/24	8:30-9:30 a.m.	KRC	\$20
46075	15 yrs+	W	11/4-11/25*	8:30-9:30 a.m.	KRC	\$15
46076	15 yrs+	Th	11/5-11/19*	8:30-9:30 a.m.	KRC	\$15
46077	15 yrs+	M	11/2-11/30	5:30-6:30 p.m.	KRC	\$25
46078	15 yrs+	W	11/4-11/25	5:30-6:30 p.m.	KRC	\$15

Transitional Water Exercise

Challenge yourself to the next level of physical fitness! This non-impact class is performed in the deeper water and incorporates muscular strengthening aerobic conditioning and abdominal training exercises. A variety of equipment is used for buoyancy and water resistance. Participants should be comfortable in deep water. *No class 11/26, Drop-in fee \$7

46083	15 yrs+	T	9/1-9/29	6:40-7:40 p.m.	KRC	\$25
46084	15 yrs+	Th	9/3-9/24	6:40-7:40 p.m.	KRC	\$20
46085	15 yrs+	T	10/6-10/27	6:40-7:40 p.m.	KRC	\$20
46086	15 yrs+	Th	10/1-10/29	6:40-7:40 p.m.	KRC	\$25
46087	15 yrs+	T	11/3-11/24	6:40-7:40 p.m.	KRC	\$20
46088	15 yrs+	Th	11/5-11/19*	6:40-7:40 p.m.	KRC	\$15

Aquatics High Intensity Interval Training (H.I.I.T)

All levels High Intensity Interval Training class providing a high cardiovascular workout with low impact on joints. It's the ideal way to cross-train from your high impact/hard-hitting land workouts and still get a great cardio and strength session. Push through the water and not just float your way through it. So get in try some plyometric squats, round house kicks and speed bag punches. If you can't stay afloat, use a noodle for support behind your back. Monthly Fee varies; Drop-in fee \$7.

46058	15 yrs+	Sa	9/5-9/26	9-10 a.m.	KRC	\$20
46059	15 yrs+	Sa	10/3-10/31	9-10 a.m.	KRC	\$25
46060	15 yrs+	Sa	11/7-11/28	9-10 a.m.	KRC	\$20

Unlimited Water Fitness Program

Looking for a more flexible schedule to take a water fitness class? Sign up for the monthly unlimited water fitness program and create your own schedule with any of the classes offered during the calendar month. If you like water fitness and need a flexible class schedule, this is the program for you! Opportunities include Shallow Water, Transitional and H.I.I.T. classes. *No Class 9/7, 11/11, 11/26.

Monthly Fee: \$51. 480-350-5201

46525	15yrs+	M-Th & Sa	9/1-9/30*	8:30 a.m.-7:40 p.m.	KRC	
46526	15yrs+	M-Th & Sa	10/1-10/31	8:30 a.m.-7:40 p.m.	KRC	
46527	15yrs+	M-Th & Sa	11/2-11/30*	8:30 a.m.-7:40 p.m.	KRC	

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